



12th DARLINGTON (ELM RIDGE)



## Swimmer Staged Activity Badge

### Swimmer – stage 2

How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises such as taking part in a warm up.
3. Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
4. Swim 10 metres on your front, 10 metres on your back and 10 metres on your back using only your legs.
5. Tread water for three minutes in a vertical position.
6. Surface dive into at least 1.5 metres of water and touch the bottom with both hands.
7. Mushroom float for ten seconds.
8. Enter the pool and push off from the side on your front, gliding for five metres.
9. From the side of the pool, push off on your back and glide for as far as possible.
10. Swim 100 metres without stopping.
11. Take part in an organised swimming activity.

This badge can be earned by any Beaver / Cub or Scout, Take this form to your swimming instructor and get them to sign it once you have completed all the above.

I ..... (swimming instructor) confirm that

..... Beaver / Cub / Scout

Has completed all of the above and has earned their Swimmer Stage 2 Activity Badge

Signed ..... Swimming Instructor